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SPARTAN DAILY

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‘The Oy Way’ see p.3

Arriving in the Spartan Daily tomorrow...



...the Arts & Entertainment student magazine of SJSU

■ **CAMPUS IMAGE**



Firefighters from the San Jose Fire Department and Santa Clara Emergency Medical Technicians transport an unidentified

student from Clark Hall shortly after 4 p.m. on Tuesday.
Photo by Raphael Kluzniok / Spartan Daily

New e-book program could arrive this fall

CSU reaches deal to provide electronic books at a low price

by David Wong
Staff Writer

SJSU students could have more options in obtaining their textbooks with the introduction of an e-book lending program in the fall.

The California State University system reached a deal with three book distributors (Cengage Learning, CourseSmart and Follett) to rent e-books for a reduced rate of 60 percent of the physical books’ retail value, according to Erik Fallis, media relations director of public affairs for the CSU Office of the Chancellor.

Sanyo Ochoa, a junior interior design major, said that he is looking forward to the transition to an electronic medium.

“Go digital all the way, I highly approve of that,” Ochoa said.

According to a news release from the Chancellor’s Office, the e-books can be accessed by laptops, desktops and tablets, both online and offline, allowing such features as highlighted text and note taking.

“We went to the publishers and vendors ... and asked them what books can ... come to a 60 percent cut from their print costs,” Fallis said.

When a student rents an e-book they receive a digital license valid for the academic term, allowing him or her to print out up to 150 pages for his or her personal use, according to Fallis.

“With this program, we want to provide more options,” Liz Chapin, a CSU spokesperson said. “We think for the faculty and the students, the more the better...it creates more choices for textbooks.”

The rental program is part of the Affordable Learning Solutions initiative, which is intended to lessen the financial burden on students when they purchase books, according to the news release and website.

“I think it’s smart that we’re getting to pay less money in general ... to just read them online,” said Colin Rickard, a junior industrial design major. “It sounds like a good idea.”

Rickard said he would strongly prefer to rent physical books, rather than

e-books, if given the choice between the two.

A physical book lending program already exists on campus as part of the Associated Students General Services Center, according to a subsection of the Center’s website.

The program, which started in the spring of 2001, receives \$25,000 per fiscal year, could accommodate students with up to \$200 or three books, an increase from the previous \$165 per student, according to Shawn Chan, finance and accounting manager for the General Services Center.

Chan said he requested the increase in funds for this year by speaking with the A.S. board.

The process for receiving books is extensive, but it comes on a first-come, first-serve basis, according to Adriana Jimenez, student assistant for the center.

“If it’s anything that’s going to help me in this ever rising tuition (situation), I’ll probably participate in the book lending program,” said Dave Faria, a junior psychology major.

TEXTBOOK LEGISLATION HIGHLIGHTS

- Book loans are made available in the first two weeks of each semester and a student **must be receiving grants** to qualify for the program
- A **voucher** that is valued at \$200 or less after taxes (or 3 books) can be redeemed at the Spartan Bookstore or General Services Center
- Only books for **core and advance G.E. courses** will be offered to a student for up to four semesters (course readers, workbooks, manuals, study guides and dictionaries are not applicable)
- A **notification** from the international programs and student services **is required if an international student wishes to participate** in the program, along with a **letter** from the International Students Office

Source: General Services Center website

Myths of weight loss addressed on No Diet Day

by Samantha Clark
Staff Writer

“I pledge to treat my body and health with respect by not following any fad diets.”

Students signed this promise at the No Diet Day event put on yesterday by the student organization Nutritional Education Action Team, called NEAT, to promote eating for health and to educate students on the false claims made by the diet industry.

The nutrition group set up a table next to the Student Health Center where members talked to students about fad diets and why they don’t work.

“(NEAT) put(s) on events on campus and give(s) presentations on a variety of nutrition projects,” event coordinator Stephanie Monterroza said. “We do a lot of campus outreach and educate students on important nutrition information.”

Monterroza said about 80 students have signed the promise.

Students participated in educational activities, such as learning about how to spot fad diets in advertisements and



Freshman nursing major Page Jones signs the Nutrition Education Action Team’s pledge to respect her health by avoiding fad diets. Photo by Raphael Kluzniok / Spartan Daily

sucking the air from a straw to serve as a metaphor for restrictive dieting.

Club members told Samantha Nguyen, a first year pre-nursing student, after she came up for air, the activity parallels a limited diet: you eventually need to return to normal breathing — or normal eating.

According to Jennifer Waldrop, wellness and health promotion coordinator and campus nutritionist, the campus event is based on National No Diet Day, which “is intended to raise awareness about the flags of a fad diet.”

Waldrop defined fad diets as promoting “rapid and unrealistic weight-loss plans that are often a waste of time, money, and, in some cases, harmful to health.”

Marjorie Freedman, assistant professor of nutrition, said any lowering of calories would shed pounds.

“Every single diet works, but people can’t keep them up,” she said. “How long can you go without eating bread or just eating grapefruits?”

Frank Cariglio, a creative arts major, said he is trying to stay away from sugar and bread.

“I’ve switched from coffee to tea to avoid adding sugar,” Cariglio said. “I understand the importance of balanced diet and exercise. I give in when necessary, but I’m doing this for health and wellness reasons.”

Freedman said the best things to do to keep off weight and be healthy are to “exercise, eat a moderate diet, mainly in foods you like, and balance your intake with expenditure.”

According to Monterroza, No Diet Day did not only focus on eating for health and adopting healthy habits instead of dieting, but also on educating students on fad diets and the diet industry.

Shivam Shelat, an electrical engineering graduate student, said that years ago he “was a little too obsessed” with protein shakes he saw in an advertisement.

“The shakes were expensive and didn’t do anything,” Shelat said. “I eventually grew hungry enough to it give up, and I started exercising daily.”

SEE NEAT PAGE 2

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MySJSU SIGN IN

Important Changes on MySJSU Coming Soon!

MySJSU will be down for major maintenance from 5 PM on
Thursday, March 1 until Tuesday, March 6.
Navigate to my.sjsu.edu for more details.

ON THIS DAY IN 1984
THE SPARTAN DAILY REPORTED...



Above: Reminiscent of Robin Hood, Jonathan Ong takes careful aim for the bullseye in a beginning archery class. “It requires skill and concentration,” the junior graphic design student said. “It’s an escape from the regular classes.” **Photo by Craig Sailor / Spartan Daily**

Fullerton interested in OSU presidency: Gail Fullerton, SJSU president, is one of six candidates seeking to take over as the president of Oregon State University. She said she was not certain if she was selected that she’d take the position, but said the decision would be difficult.

Victims of incest plagued by guilt: SJSU counselor Wiggy Sivertsen and Rosemary Lutus, a graduate student of psychology, counseled victims of incest. Sivertsen said that survivors of incest feel betrayed and can be withdrawn because the person who was supposed to be their caretaker was taking advantage of them.

Close call frustrates Spartans: Spartans lost to Cal State Hayward 4-3 in a close game at Municipal Stadium. While there was a questionable foul ball called during the game, head coach Gene Menges said the game wasn’t decided by just one call.

Legislation could reduce textbook prices

by **Alyxandra Goodwin**
Staff Writer

A California senator has proposed legislation to create a plan for more affordable textbooks in California’s higher education system.

Senator Darrell Steinberg introduced Senate Bill 1052 and Senate Bill 1053 in early February, two bills that aim to “advance the use of Open Educational Resources,” according to a press release from the senator’s office.

Open Educational Resources would allow for California to offer students affordable textbooks in the 50 most-commonly taken lower division courses, stated SB 1052.

Senate Bill 1052, in summary, “will require publishers to provide free copies of textbooks to campus libraries to be placed on reserve.”

The second bill, SB 1053, will create the California Digital Open Source Library, to serve as a source for digital textbooks.

Sean Richards is a student at Sonoma State University and also the vice president of legislative affairs with the California State Student Association (CSSA), a group that has endorsed these two bills.

“It’s been a major issue the last couple of years,” Richards said. “Prices have gone up significantly along with tuition and it’s been in the forefront of student’s concerns.”

The mission statement of the association is to maintain and enhance the education that the people of California receive in this state, according to the CSSA website.

On February 14, 2012, The Valentine’s Day edition of the Spartan Daily allowed an anonymous writer to submit a Valentine’s advertisement that was neither factual nor representative of the character of the two people involved in the message.

Richards said by endorsing these two bills, CSSA has the students’ interests in mind.

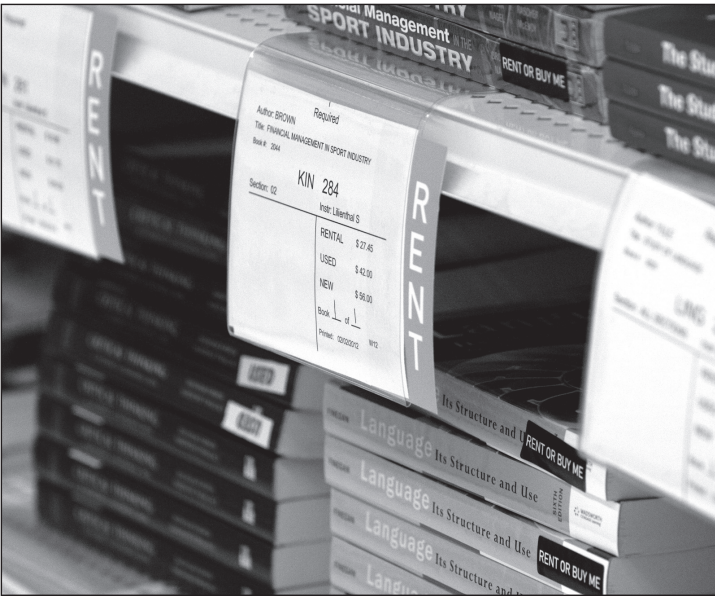
“The biggest impact will be in the affordability aspect,” Richards said. “And personally, I’m tired of carrying around all my books all day.”

SB 1052 and SB 1053 both are moving toward online textbooks, which are becoming common even on SJSU’s campus.

“We sell digital textbooks that are 30 to 60 percent off the retail price,” said Ryland Metzinger, director of the student bookstore who came in with Barnes and Nobles at SJSU. “(The bills) fall in line with what our goal is, which is creating options for students.”

Asha Wilburn, a junior child and adolescent development major, said she hasn’t even bought all of her semester’s textbooks yet.

“I haven’t bought all my textbooks yet because they are really expensive,” she said. “I had to ration them out and I’m buying the rest this week.”



The Spartan Bookstore offers book rentals and digital textbooks for students — but may soon shelve fewer copies if two Senate Bills pass through legislature. **Photo by Raphael Kluzniok / Spartan Daily**

In total, Wilburn said her books will come out to \$415 and some of them are rented.

“I feel like they all should be rentable and they all should be \$20-\$30 max,” Wilburn said.

Through open education resources promoted by these two bills, materials would be free online or for about \$20 in

hard copy, as stated in the back-ground of each SB 1052 and SB 1053.

“I think there’s a good chance for it to be passed,” Richards said. “I know the CSU has been really supportive about it and I think the governor will be as well, I don’t think there will be much opposition.”

Cal State chairman’s
return in question

by **McClatchy Tribune**
Wire Service

Feb. 26 — As chairman of the governing board of the California State University system, Herbert L. Carter has positioned himself as a consensus builder at a time when the system has been battered as never before by budget cuts, student protests and discord over salary and hiring policies.

The former president of United Way Inc. and chairman of the Los Angeles Commission on Human Relations has spent decades attempting to forge compromise with differing factions. But now he is struggling to bridge the gap between Republicans and Democrats in the state Legislature to win a second term on the Board of Trustees.

Senate Republicans have signaled that they will block the confirmation, citing Carter’s role in controversial decisions last year to increase executive pay while also boosting student tuition.

Democrats see the opposition as partisan posturing

having little to do with those actions. Although Democrats control both legislative houses, Republicans have leverage in this fight — nominations to the Cal State board are among the few that require a two-thirds majority, meaning at least two Republican votes are needed.

A decision must be made by Monday, the last Senate floor session before the confirmation deadline on Wednesday.

Last week, Sen. Joel Anderson (R-San Diego) sent a letter to Gov. Jerry Brown asking him to withdraw his appointment of Carter.

“Since 1984, Herbert Carter has been near the center of every CSU pay hike scandal,” Anderson wrote. “The CSU trustees don’t seem to understand that their ‘compromise’ of setting a CSU president’s pay at \$325,000 is insulting to California students, parents, and taxpayers.”

Carter, 78, was appointed by former Gov. Arnold Schwarzenegger to the 25-member panel in 2004. Carter declined a request to be interviewed.

NEAT: Dieting consequences
explored by Health Center

FROM PAGE 1

Monterroza said the weight-loss industry focuses on the young adult population.

“The college-aged group is really influenced on dieting, looking a certain way, by the media,” she said. “We’re a huge target group.”

According to a study by the Federal Trade Commission and information given by the No Diet Day table, some of the false claims to look out for include the following: “lose weight without diet or exercise,” “lose weight permanently and never diet again,” “lose 30 pounds in 30 days” and “everybody will lose weight.”

Monterroza said many fad diets restrict eating, which cuts back on the specific food groups and necessary calories.

“They cause you to feel tired, irritable and hungry, which can be potentially dangerous to your health,” she said.

She added that some example consequences include nutrient inefficiencies and the body not being able to perform daily tasks.

According to Waldrop, in a 2008 random survey of 132 students conducted by herself and NEAT, one-fifth of the students reported trying a commercial or fad diet.

They learned that 13 percent of students surveyed used diet pills, 42 percent decreased carbohydrate intake, 51 percent of students skipped meals and 59 percent avoided eating at certain times of the day (for example: not eating carbohydrates after 6 p.m.).

Melissa Quan, a senior business major, said after participating in the No Diet Day activities that she was glad students were educating other students on the dangers of the manipulative weight-loss industry because we are heavily influenced by the media.

The business psychology program teaches not only classroom skills, but also real-world applications including time, stress, and change management—all within a cohort environment where I really get to know my classmates on a deeper level.

Marina Ostraukhov
Senior, B.S. Business Psychology program

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- New updated website

MySJSU SIGN IN

MySJSU will be down from 5pm
Thursday, March 2012 until Tuesday,
March 6 for major maintenance.
Check the MySJSU website for updates!



■ REVIEW

‘The Oy Way’ blends Yiddish jargon with eastern flair

by Julie Tran
Staff Writer

Harvey Gotliffe, a former SJSU professor, wrote a book titled “The Oy Way,” which pays homage to his Yiddish background and his interest in eastern meditative exercise.

“I was inspired by teaching a class at SJSU that dealt with American media coverage of the Holocaust and the Japanese-American internment in World War II,” Gotliffe said.

Gotliffe taught at SJSU from 1986 to 2008 as the head of the magazine journalism sequence, but had prior experience working as a freelance writer for 40 years.

Raised in Detroit in the 1950s, Gotliffe learned Yiddish expressions in his home, but only knew a little bit of the language itself.

“A lot of Jewish people on campus are unfamiliar with the language but know the expressions,” Gotliffe said.

According to “The Oy Way,” the term “Yiddish” derives from the German word for Jewish “jüdisch,” and a person of Jewish descent was called “ein Yid.”

In addition, Gotliffe noted that there was a difference between the Yiddish languages compared to Hebrew.

“Yiddish is known as the ‘mame loshen’ (mother tongue) and it’s spoken in the home,” Gotliffe said. “Hebrew is the language of the synagogue.”

Yiddish originated in Eastern Europe around 1,000 years ago and it’s a combination of

Romantic languages, Slavic languages and Hebrew, according to Gotliffe.

In his book, various Yiddish expressions are combined with movements derived from tai chi.

“I’ve been taking tai chi for 20 years,” Gotliffe said. “There’s a Yiddish expression to go with each movement and there are a lot of similarities.”

One such expression portrayed in the book depicts Gotliffe extending his left hand

“... a humorous, yet introspective book that dives into the rich history of the Yiddish language and culture.”

outward while placing his right forefinger near his right eye and wriggling it.

The movement in the book is titled “keyn eyn hore,” or “no evil eye.”

“It’s keeping the bad influences away,” Gotliffe said.

The origins of “The Oy Way” came to fruition in 2000, but Gotliffe became more involved with the book around last

year, spending about 650 hours in total writing the book.

According to Gotliffe, about 14 to 15 hours were spent doing research in addition to 10 hours per day writing the book.

However, Gotliffe wasn’t alone in the creation process of “The Oy Way.”

His daughter, Amy Beth Gotliffe and wife, Carmen Sarah Gotliffe were some of the subjects in the book’s photos as well as his daughter providing pictures.

Some of the locales featured in the book ranged from Oakland to Gotliffe’s home in Santa Cruz, with his friends doing some of the exercises.

According to Gotliffe, the positive aspect of working on the book was spending time with his family.

Although the book is written for the Jewish demographic, Gotliffe said half of the book’s sales were from people of non-Jewish descent.

As a person of non-Jewish background, I thought “The Oy Way” was a humorous, yet introspective book that dives into the rich history of the Yiddish language and culture.

The addition of the tai chi movements to each Yiddish expression provides a visual treat that illustrates the little complexities of Yiddish jargon.

“The Oy Way” is currently available at CreateSpace.com as well as the Spartan Bookstore.

Gotliffe will be at the Martin Luther King Jr. Library from 3 p.m. to 5 p.m. on March 15 at a Book Authors’ Reception in rooms 225 and 229.

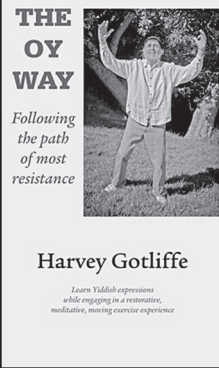


Harvey Gotliffe is a former SJSU student and professor. He obtained an MS in mass communications and founded the SJSU magazine journalism program in 1986. He retired in 2008 but writes profiles on Holocaust survivors and completed his newest book, “The Oy Way.” Photo Courtesy of Harvey Gotliffe

Sample Yiddish Terminology

| | |
|-------------|------------------------------|
| mekhaye | joy, delight, great pleasure |
| seykhl | common sense |
| gelt | money, funds |
| mazl | luck |
| mitsve | good deed, blessing |
| shmues | chat |
| narishkeyt | foolishness, nonsense |
| zayt gezunt | be healthy |

The book, “The Oy Way” is available for purchase on Harvey Gotliffe’s website. Photo Courtesy of theoyway.com



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PARKING SERVICES

Spartan baseball’s late-game rally leads to win at St. Mary’s

Staff Report

The SJSU baseball team scored a run in each of the last three innings to seal a 5-3 victory against Saint Mary’s College on Tuesday at Louis Guisto Field in Moraga, Calif.

The Spartans recorded a season-high 16 hits against the Gaels.

“This was a big win for us,” said SJSU baseball head coach Sam Piraro in a post-game interview. “To come in here, on the road, play in a tough place and do enough to win and fight through some adversity there.”

The game was tied at two runs each after the Gaels answered with two runs of their own in the fifth inning.

However, in the seventh inning, a run was batted in off a single by SJSU senior first baseman Anthony Bona and Spartan freshman outfielder Andre Mercurio scored the

“That was the second time we’ve done this (pitching) by committee and I’ve been very pleased with it.”

– Sam Piraro, head coach

BASEBALL BY THE NUMBERS

- **16 hits**
The Spartans had a season-high 16 hits on Tuesday.
- **4 players**
SJSU had four players record two or more hits against St. Mary’s.
- **7 pitchers**
The team had seven pitchers combine for nine innings pitched, allowing a total of six hits.
- **3 games**
The Spartans snapped a three-game losing streak with their win over the Gaels on Tuesday.

run after hitting a single to get on base.

SJSU junior outfielder Andrew Rodriguez sacrificed his plate appearance to allow Mercurio to advance to second base before Bona batted in the run to make the score 3-2 in favor of the road team.

The Spartans earned another run in the same manner during the ninth inning when SJSU junior designated hitter Zack Jones scored off a run batted in by Valdez.

Before scoring the run, Jones was able to advance to second base after SJSU sophomore third baseman Caleb Natov sacrificed himself.

“We used our sacrifice bunt well today,” Piraro said.

SJSU used seven pitchers in the game and held St. Mary’s without a hit until the fifth inning.

The Gaels finished the game with only six hits to the Spartans’ 16.

“I thought defensively we played pretty well,” Piraro said.

SJSU senior pitcher Esteban Guzman threw for two innings without allowing a hit.

Spartan junior pitcher Mike Aldrete also did not allow a hit while he was on the mound during the sixth inning.

“They had a great physical presence out there – I was really happy about that,” Piraro said. “That’s the second time we’ve done this (pitching) by committee and I’ve been very pleased with it.”

During the eighth inning, two errors and a hit-by-pitch by the Gaels allowed the Spartans to score another run.

Before Saint Mary’s tied the score with two runs of its own in the fifth, SJSU score the first two runs of the game in the second inning.

Valdez made three hits in the game, extending his hit streak to four games.

Contrades also extended his hit streak to four games with two hits of his own.

Bona and Spartan junior catcher Kyle Gallegos each contributed three hits.

“I thought the quality of most of our at-bats were good,” Piraro said.

The Spartans will begin a three-game series on the road against Santa Clara University on Friday at Schott Stadium.

Information compiled from SJSU Athletics

SJSU softball drops mid-week matchup to Sacramento State Hornets’ third inning rally too much for Spartans in defeat on the road

Staff Report

The SJSU softball team lost its ninth game of the season on Tuesday afternoon in a mid-week game at Sacramento State.

It was only the Spartans’ (7-9) second loss outside of tournament play this season.

Sacramento State (6-5) sparked a rally in the third inning, scoring five runs and breaking the scoreless tie.

The inning was capped off by Hornets’ junior third baseman Emily McCormick, who hit a three-run home run after an SJSU throwing error led to two runs earlier in the inning.

The Spartans attempted to respond the following inning when a sacrifice fly by sophomore infielder Jessica Garcia scored freshman outfielder Michelle Cox, who had hit a triple to lead off the inning.

Cox would score her 11th run of the season to go along with a one for three day at the plate.

However, the Hornets responded and tacked on two more runs in the bottom of the fifth inning when sophomore outfielder Paige Martin hit an RBI single, extending the Sacramento State lead to 7-1.

SJSU attempted one last rally in the top of the sixth

inning after junior outfielder Vanessa House hit a home run to lead off, her third of the season, but that was all the scoring the Spartans could muster the rest of the game.

Sacramento State tacked on one more run in the bottom of the sixth inning, and the Spartans fell to the Hornets 8-2.

SJSU senior pitcher Jennifer Ames tossed five innings for the Spartans, allowing eight runs on nine hits, while striking out three batters.

Freshman pitcher Allison Lang came into the game in relief of Ames in the sixth inning, finishing the final inning of the game without allowing a hit.

SJSU’s next game is Friday when they will compete in the Deanna Mauer Super Series, which is taking place at SJSU Field.

The Spartans will play a double-header against Southern Utah on Friday beginning at noon.

On Saturday, SJSU will play yet another double-header, which will start at 11:15 a.m. against Southern Utah and at 1:30 p.m. against Santa Clara University.

They will play Santa Clara one more time on Sunday to finish the tournament.

The tournament is dedicated in remembrance of Deanna Mauer, who died in a car crash in April 2011 in Southern California.

She was a pitcher at SJSU

SOFTBALL BY THE NUMBERS

- **4**
The Spartans had only four hits in their loss to Sacramento State.
- **3**
Vanessa House hit her third homerun of the season on Tuesday.
- **1**
SJSU and Sacramento State are now tied 1-1 in the season series between the two teams.
- **0**
No player on the SJSU roster had more than one hit on Tuesday.

during the 2008 and 2009 seasons and broke the school record for strikeouts in a game when she struck out 15 batters in a game against St. Mary’s in 2008.

Mauer also ranks sixth on the all-time strikeouts at list at SJSU with 223 in just two seasons.

Information compiled from SJSU Athletics

Classifieds

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Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | | | | 7 | 2 | | 8 | |
| 5 | | | | | 6 | | 7 | |
| | | | 4 | | 8 | | | |
| 6 | | | | | 5 | | | |
| 2 | | 8 | | | | 9 | | 3 |
| | | | | 3 | | | | 4 |
| | | | 8 | | 3 | | | |
| | 2 | | 9 | | | | | 6 |
| | 7 | | 6 | 5 | | | | 9 |

DIFFICULTY RATING: ★★☆☆☆

Previous Puzzle Solved

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 9 | 4 | 3 | 6 | 1 | 5 | 7 | 8 |
| 7 | 3 | 1 | 8 | 9 | 5 | 4 | 2 | 6 |
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| 6 | 2 | 7 | 1 | 3 | 8 | 9 | 4 | 5 |
| 4 | 1 | 5 | 9 | 7 | 2 | 8 | 6 | 3 |

How to Play

Complete the grid so that every row, column and 3 by 3 box contains every digit from 1 to 9 inclusively.

Check back daily for new sudoku puzzles and solutions.

Today’s Crossword Puzzle

Universal Crossword

Edited by Timothy E. Parker February 29, 2012

ACROSS

1 Brief periods, briefly

5 Box-office failure

9 Beverage with a marshmallow

14 "Sack" attachment

15 It's not a good thing of

16 Got word of

17 Leave the engine running

18 "I changed my mind" on a computer

19 Made a misstep

20 Exert one's influence

23 Improve, as cheese

24 Prefix with "plasm" or "type"

25 Broom accompanier

27 Archery bow wood

28 Decomposed

32 Card collection

33 "Significant" person

34 River to the Rio Grande

35 Ironic event

38 Commemorative pillar (Var.)

40 "Blue Velvet" actress Dern

41 Broken on the ranch

42 Deli cold cut

44 Be inquisitive

47 Less popular, as a restaurant

49 Achieve harmony

51 Blood classification letters

52 Star transport

56 Beyond the suburbs

58 Asian nursemaid

59 TV Batman West

60 About to blow

61 "Quo Vadis" meanie

62 Give up claim to

63 Allays

64 Homer's besieged city

65 "East of —"

9 Activity requiring four bishops

10 "Above," in an anthem

11 Crab or turtle shell

12 A spice

13 Math problem numbers

21 Aerial combat mission

22 Big bang maker

26 Eighth Greek letter

29 Cries of understanding

30 Asian new year celebration

31 "The Lord of the Rings" beast

33 Avian baby

34 Persona non grata

35 Fleeting

36 Air traffic

control agcy.

"Fee, fi, fo,

38 Kind of acid used in cosmetics

39 Indian lute (Var.)

42 "Quiet on the ___!"

43 Downright

44 ___ oneself on (had an ego about)

45 Filmed a new version of

46 Palace workers

48 Archipelago units

50 Candied, as fruits

53 Spud bud remover

54 Edible root

55 Bok ___ (Chinese vegetable)

PREVIOUS PUZZLE ANSWER

2/28 © 2012 Universal Uclick www.upuzzles.com

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A side of emotions with my decisions, please?

BY BRITTANY PATTERSON

Small Town Girl



This column appears every other Wednesday

“Decision making is an inherently emotional business.”

Wise words by The New York Times columnist David Brooks.

Words I seem to embrace wholeheartedly.

I have this problem. It’s called having emotions. And not just the standard gamut of happy, sad and angry, but rather I have what feels like a whole other persona composed entirely of unstable and unpredictable emotions.

They sneak up at the most inopportune times, blindsiding what would be easy actions.

And this isn’t just once a month — This is all the time.

I would like to blame my slightly tumultuous childhood, but I fear the answer isn’t that easy.

The simple action of getting something to eat can be tied to every memory I have at that restaurant. It’s not just the fettuccini alfredo, it’s the people I have eaten it with, the memories we have made there.

It’s as though the neurons in

my brain, firing at what I hope is a rapid rate, are not just forging new pathways, but they are being coated in emotion. It’s like some viscous liquid oozing into everything I do.

Things with fur — puppies, kitties, bunnies — anything that ends in “ies,” really, will send me into a full-fledged conniption fit. Otters too.

I will squeal and revert into a small child, babbling uncontrollably and shaking in delight.

Throw a minor chord into

“To an extent, we should embrace that we are wracked by hormones, being pulled in a million different directions.”

the music playing in a commercial and get ready for the floodgates to open.

That SPCA commercial with Sarah McLachlan’s “Eyes of Angel.” Good God.

Any and all decisions I make seem to be tied directly to my emotions. This I have seen comes to the forefront when I am confronted with stressful situations.

When papers pile up, managers call me in for extra shifts, or life just seems to conspire against me, I can handle it, but at a certain point I hit this imaginary threshold and before you know it, I’m taking a walk to cool my steaming head and dripping eyes.

I’m tempted to blame my predicament on hormones.

According to the MedlinePlus, a service of the U.S. National Library of Medicine and part of the National Health Institute, hormones are “your body’s chemical messengers.”

“Hormones are powerful,” the website states. “It takes only a tiny amount to cause big changes in cells or even your whole body.”

Brooks writes that after teenagers hit puberty their hormones surge, but girls and boys react differently to this stress.

“Girls react more to relationship stress, and boys, with ten times more testosterone pumping around in their bodies, react to assaults on their status. Both have a tendency to freak out at the oddest moments.”

And freak out I sure can.

But on the other end of the spectrum, I cannot blame chemicals completely for apparent instability. Humans are hard-wired to care.

I sometimes worry about those people I know who have

developed such a strong shell, such a well-developed coping system they have trouble expressing how they feel.

In this business, the fast-paced, cynical world of journalism, we often set our emotions aside. It doesn’t matter if your life is falling apart. Your job is to be an impassive, objective mouthpiece for the stories of other people. These are the stories that matter. Disregard whatever you may be feeling.

Journalists will see death, gore and murder. They may see genocide and injustice.

They are social commentators whose job it is to be neutral.

Journalists are Switzerland, a very emotionless Switzerland.

I argue, as humans, we are inherently emotional creatures. We are not Switzerland.

To an extent, we should embrace that we are wracked by hormones, being pulled in a million different directions.

We have heart-strings that can be tugged on and they should be.

Despite choosing journalism, I refuse to cave in to the idea that I should lock away my emotions.

Regardless of the trouble and embarrassment they cause me on a daily basis, they are also what make me the person I am.

I am the girl who freaks out when I see a dog. I am the girl that will stop and save worms marooned on the sidewalk post a big rain storm. I am the girl who will forever have to work on her panic mode responses.

I am also a journalist that will cover stories and issues objectively, but my compassion for these stories stems from the things that strike me at a deeper level.

I will forever make decisions — good, bad and indifferent — that will be influenced by emotions.

Guess I just need to leave a disclaimer.



SJSU needs to work with seniors, not against them



by Boris Slager

Staff Writer

With the university complaining about being impacted, SJSU needs to improve on its graduation process.

I am a graduating senior, and the steps I had to take in order to start the graduation process were long and arduous.

The university has not been of much help since I applied and received my form of the classes I have left to take.

The first problem with graduation is you have to do it a year in advance.

No one ever tells you what will happen if you fail a class or are unable to get an internship or unable to get into a

class — or even worse, a class you are enrolled in gets canceled.

The next problem with the graduation process is that there are so many forms you, as a student, have to fill out.

The first form you need is your major form. This form is not hard to get but you have to take it to your major advisor and make sure all the classes you need to fulfill your requirements have been or will be taken within the next year.

There are two other forms you need to fill out, one is for your minor and the other is for the school.

Finally, once all these forms are completed, you get to turn all three of them in an official sealed envelope.

Of course when you do this you ask, “Is that all I need?”

To which the response is,

“I have no idea, a graduation adviser will be in touch with you.”

Now I am sitting around waiting for some adviser to get back to me to see if I qualify for graduation. Great!

It then takes the adviser about four months to get in contact with you.

Never mind the stress and the countless sleepless nights of worrying — “Am I going to graduate?” or “Can I get that class next semester?”

The adviser sends you a form with the classes you need to graduate and those in which you are enrolled.

Now, more fun begins.

If you had a substitution, you have to submit another form with your adviser’s signature on it saying the substitution is ok.

This, of course, creates more stress, but you quickly resolve

it by emailing the adviser the form and show him or her that either class would fulfill that requirement.

Guess what, you still are not done. You call your adviser to double-check and make sure everything is in order.

This is the response: “I have no idea.”

He or she then asks if you have passed all your classes from last semester, and asks if you are enrolled in the classes you need for this semester.

You say that you have done so but you had to add a class during the semester. You did this well before the last day to add, but does it show up on their records? No.

So then they have to look it up and they realize that you are now enrolled in the class.

They then say, “Okay you should be good.”

What do you mean “Should

be?” I want to know 100 percent that if I pass my classes this semester, I will get a diploma in the mail.

Can they tell you that? No.

To improve its graduation policy, SJSU needs only one form that covers all the bases.

The next step the school needs to take is to keep in touch with the students to make sure all their requirements are met.

Finally, the school needs to give the adviser all the student’s information so that way the adviser is prepared to help the student.

This way, when the student has questions or problems, the adviser is there to actually advise.

What a concept.

I swear, if I get anything in the mail other than a diploma with my minor on it, I am going to raise hell.



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Serving San José State University since 1934

www.spartandaily.com

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Letters to the editor must contain the author’s name, address, phone number, signature and major. Letters become proper-

ty of the Spartan Daily and may be edited for clarity, grammar, libel and length. Only letters of 300 words or less will be considered for publication.

Published opinions and advertisements do not necessarily reflect the views of the Spartan Daily, the School of Journalism and Mass Communication or SJSU. The Spartan Daily is a public forum.

Romney predicted to win in Arizona, Michigan

by McClatchy Tribune
Wire Service

WASHINGTON — Mitt Romney won the Michigan GOP primary Tuesday, pulling out a must-have victory in his native state against a late surge from chief rival Rick Santorum.

The win, coupled with an easy victory in Arizona, gave Romney a majority of the day’s delegates needed for the Republican presidential nomination, a slowly growing total that could prove increasingly important in weeks to come.

But Romney failed to deliver the kind of convincing result that would start building momentum and rallying wavering Republicans to his side as his aides had long ago expected.

The tough fight to hold the state instead suggested a wide-open race as the two candidates — with Newt Gingrich waiting in the wings looking for a Southern comeback — head toward a Super Tuesday showdown next week in 10 states and perhaps to a longer clash beyond.

The campaign now appears more likely to be a state-by-state, delegate-by-delegate competition rather than an early coronation that would have allowed the winner to turn attention full time to the general election challenge to President Barack Obama.

Romney was declared the winner in Arizona soon after the polls closed at 9 p.m. EST, taking all of its 29 delegates and building his overall lead in the delegate count.

The emotional prize of the night, meanwhile, was Michigan, where Romney was born and where his father was a popular governor in the 1960s.

With 68 percent of the vote counted, Romney had 42 per-



Republican presidential candidate Mitt Romney and his wife, Ann look over a hat from his dad’s campaign for governor, Tuesday at his campaign headquarters in Livonia, Michigan. **Photo courtesy of Andre J. Jackson / MCT**

cent and Santorum had 37 percent. Rep. Ron Paul of Texas had 12 percent and former House Speaker Newt Gingrich had 7 percent.

Santorum acted the victor, signaling the close result would serve as a springboard to new challenges to Romney.

“A month ago they didn’t know who we are. But they do now,” he told cheering supporters in Grand Rapids, Mich. “We came into the backyard of one of my opponents. The people of Michigan looked into the heart of the candidates and all I can say is I love you back.”

Romney invested heavily in Michigan, emotionally and politically. “Michigan has been my home and this is personal,” he said in an ad.

Yet Romney’s once-wide lead in Michigan gave way to a surge of interest in Santorum, the grandson of a Pennsylvania

coal miner and a devout Roman Catholic who worked hard to connect with working-class voters in the industrial state and with evangelical Christians.

By primary day, Romney distanced himself a little from Michigan and downplayed the impact of a possible loss.

Hard fought, the campaign was marked by missteps and mistakes over the last week.

“The candidate sometimes makes some mistakes and so I’m trying to do better and work harder and make sure that we get our message across,” Romney told reporters in his first press conference in three weeks.

Asked if he’d hurt his image with remarks that critics have used to paint him as a wealthy elitist, he said, simply, “Yes.”

He also suggested that he’s faltered because rivals appealed to the party’s base with more vocal criticism of Obama.

“It’s very easy to excite the base with incendiary comments,” he said. “We’ve seen throughout the campaign that if you’re willing to say really outrageous things that are really accusative and attacking of President Obama, you’re going to jump up in the polls. I’m not willing to light my hair on fire to try and get support. I am what I am.”

Santorum made missteps too. He said Sunday that he wanted to “throw up” when he read John F. Kennedy’s 1960 speech assuring voters he believed in the absolute separation of church and state. He told conservative talk show host Laura Ingraham on Tuesday that the comment was a mistake.

The race turns now to a coast-to-coast dash, with caucuses in Washington state on Saturday, then caucuses and primaries on March 6 in 10 states.

A new calm delights and mystifies in revived border city of Tijuana

by McClatchy Tribune
Wire Service

TIJUANA, Mexico — This border city, once as violent as any in Mexico’s drug-fueled trafficking wars, appears to have shaken off narco-related mayhem, allowing an explosion of new music halls, art galleries and world-class restaurants.

Tijuana’s 1.6 million residents are grateful for the calm, which allows them once again to dine out at night, visit nightclubs and generally exist without fear of the sudden, random violence that had become so much a part of Mexican life.

But behind the relative peace is a nagging question: Why did it occur? Residents admit that they don’t know.

“It’s not very clear what happened,” said Luis Ituarte, an artist and promoter. “It’s just not as bad as it used to be.”

Security officials credit better policing and the arrival of army patrols. Activists say that emboldened citizens began rattling out gangsters.

But some experts cite a more sinister reason. They say the calm is because Mexico’s most powerful crime group has seized control of Tijuana’s key drug-trafficking corridor and now enforces the peace. Rival drug gangs that used to gun down one another simply are working together now.

The issue goes beyond Tijuana’s boundaries. Some Mexicans in the nation’s interior hail Tijuana as a model for how to combat runaway violence. If, however, the calm is owed to once-feuding drug lords having settled their battles, any effort to replicate it elsewhere will only muddle a law-and-order problem.

Whatever the case, relief is palpable. In a city long known for forbidden pursuits such as gambling and prostitution, resi-



Young people gather outside one of the bars on 6th Street, the heart of Tijuana’s revived club scene, Feb. 4. The border city has come back to life after years of violence. **Photo courtesy of Tim Johnson / MCT**

dents wear their fame for perdition lightly, enjoying nights out on the town. Few delve into the reasons for the calm.

“People are feeling confident again to walk in the streets,” said Rosa Aida Garcia, who’s operated the Dandy del Sur cantina for 36 years.

Her establishment is on 6th Avenue, ground zero in the renaissance of Tijuana’s music scene. Dozens of bars have opened along a few blocks of the street, catering to locals. The musical outpouring is wildly creative, fusing rock and Mexico’s own nortena style, with accordion and violin riffs overlaying the sounds of electric guitars.

“It’s like very rabid regional Mexican music mixed with, like, insane electronica,” said Derrik Chinn, an American transplant who leads tourists on day trips to explore Tijuana’s off-the-beaten-path revival.

“It’s paradoxical that amid all the violence there’s been such a boom in cultural activities. There are art galleries, book fairs, expositions and the like,” said Victor Clark Alfaro, an anthropologist and human rights activist in Tijuana.

Tijuana, a city across the border from San Diego with barely a century of history, has long had its fate linked to the tourist trade. Americans began coming here during Prohibition, when cantinas boomed. In subsequent cycles, tourists were drawn for gambling, abortions, and quickie marriages and divorces.

The tourist flow slowed with stricter border controls after the Sept. 11, 2001, terrorist attacks and ebbed further as the once-powerful Arellano Felix gang disintegrated in internecine feuding.

The Arellano Felix brothers — at least five were involved in narcotics trafficking — had allied with Colombian traffickers in the 1980s and 1990s to smuggle cocaine into California, the most lucrative U.S. drug market. For years, the cartel imposed control by murdering prosecutors, police and judges.

But in the past decade, the group began to disintegrate, and different factions fought with one another. One faction even employed a body disposal expert, “El Pozolero,” or “The Stew Maker,” who dissolved victims in barrels of lye.

Mutilated bodies hung from bridges and turned up in empty lots. The number of murders soared, from a reported 300 or so annually in the years just before to 844 in 2008 and 1,250 in 2009, the worst year. In 2010, it dropped back to 809, and it fell last year to 479.

Police Chief Alberto Capella Ibarra said Tijuana’s once deeply corrupt force had undergone “total, radical change.”

Since 2007, about 500 officers have been removed from their jobs, mostly for suspicion of links to organized crime, and 80 to 100 are in prison, said Capella, who served as chief in 2007-08 and returned to the job last year.

“People speak of us as a hopeful model in which citizens have become very active, and institutions have become more brave. This is what is offering us tranquility,” Capella said.

Development officials aim for the greater Tijuana area to resume its position as one of Mexico’s economic engines. The region hosts 700 assembly plants, or maquilas, with specialties in electronics and medical devices. Some 40 companies specialize in components for the aerospace industry.

“I’m not going to lie. There are still drugs and shootings,” said Mario C. Lopez, the executive director of the Tijuana Economic Development Council. “But the reduction in homicides is dramatic.”

“If you measure how bad it is on a scale of one to 10, and 10 were like Baghdad or the Middle East or Gaza Strip, Tijuana got to a seven or eight at some point. Probably right now, we’re at a three or four,” Lopez said.

Most of the murders today are in marginal neighborhoods on Tijuana’s periphery, leaving the financial and tourist areas largely free of violence.

Throughout the city, murals with hopeful slogans brighten

SpartaGuide

Thursday, March 1

Word! Open Mic

Presented by South Bay Womyn’s Conference
5 p.m. to 7 p.m.
Student Union — Food court

Monday through Thursday, March 5-8

American Transportation Gallery Show

10 a.m. to 4 p.m. (Mar. 4-8)
6 p.m. to 8 p.m. (Mar. 6)
Art Building — Gallery 2

Thursday, March 8

Recollections: Art and Archive of an Iranian-American Journey

Presented by Iranian Studies at SJSU
7 p.m. to 8 p.m.
King Library — rooms 225 and 229

Tuesday, March 13

Global Startups in Sustainable Energy: Israel and Silicon Valley

Presented by S.V. Center for Entrepreneurship
6 p.m. to 7:30 p.m.
Engineering Building, room 189

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